

NOVEMBER
2022



MAKE A NEW Thanksgiving tradition

As much as we love Thanksgiving, most of us do not love the way we feel afterward. Heartburn, bloating, and sleepiness are common complaints after the holiday feast.

But, a simple family tradition could mean a better day for everyone. Instead of collapsing on the couch in a food coma, get the whole family out for a walk!

Walking after your Thanksgiving meal has several benefits:

1. Taking a walk right after eating may improve digestion. Physical activity stimulates the digestive system and keeps food moving through properly.
2. A post-meal walk may prevent a big spike in blood sugar. This means there is less chance of a “sugar-crash” later.
3. Walking may reduce your risk of disease, help you maintain a healthy weight, and even lengthen your life.
4. Being active as a family is an opportunity to strengthen bonds and enjoy uninterrupted quality time together.

Source: Centers for Disease Control and Prevention

Disappearing hair:

Know about alopecia

Hair loss is a normal part of life and aging. The average person loses 100 strands of hair from their scalp every day. Usually, these hairs grow back as part of a hair follicle's lifecycle.

However, as people get older, hair loss usually outpaces hair regrowth. In addition, some people may be susceptible to losing their hair early in life.

Alopecia, another name for hair loss, can be frustrating, embarrassing, and tough to manage. But, there may be options available to slow, halt, or reduce the appearance of thinning hair.



CAUSES OF ALOPECIA

There are many different types of alopecia, each with a different cause.

For example, androgenetic alopecia, commonly known as pattern baldness, is linked to your genetics. If your dad or mom experienced pattern baldness, the likelihood is you will too.

Other causes include:

- Aging
- Genetics
- Hormones
- Stress
- Thyroid dysfunction
- Medications
- Chemical hair treatments
- Autoimmune reactions

TREATMENT OPTIONS

The best way to manage hair loss depends on the cause. While some forms of alopecia may be slowed or halted, others are irreversible. Your medical doctor or dermatologist is your best resource when exploring treatments for alopecia.



Options may include:

- Topical medications or shampoos
- Oral medications
- Corticosteroid injections
- Hair transplant
- Wigs or hairpieces

CARING FOR YOUR HAIR

How you treat your hair may contribute to alopecia in some cases. The better care you take of the hair you have, the healthier it will be.

- Use a gentle shampoo that won't remove moisture from your hair.
- Apply conditioner after every shampoo.
- Limit how long and how often you blow-dry your hair.
- Avoid wearing your hair in a tight bun, ponytail, or braid.
- Brush or comb your hair gently. Avoid tugging.

If you are dealing with alopecia, talk to your doctor to find out the cause and discuss the best treatment options for you.

Vegetarian *alternatives to turkey*

Your vision of a traditional Thanksgiving feast may have a giant roasted turkey as its centerpiece. But, increasingly, people are turning to vegetarian or low-meat diets as a healthy and environmentally friendly option. Whether you're hosting a vegetarian holiday meal or just want to have vegetarian options available alongside your turkey, don't worry. Vegetarian dishes are just as plentiful, easy to prepare, and satisfying. Try these four ingredients as vegetarian features at your holiday meal.

WINTER SQUASH

A baked winter squash filled with delicious vegetables or stuffing mixture is delicious and will add an impressive fall display to your table. Here are a few types of winter squash that make the best holiday meal main dish:

- Pumpkin
- Acorn squash
- Butternut squash
- Spaghetti squash

TOFURKY

The name says it all - tofu plus turkey makes tofurky. There are a variety of brands available, and you can even find it made into traditional turkey shapes.

Remember that plain tofu itself doesn't have a lot of flavor. If the brand you choose isn't seasoned, find a recipe that is big on spices and flavorful ingredients.

MUSHROOMS

Mushrooms provide a big, savory taste. It's easy to make them the star of the show. So many main dishes are enhanced with mushrooms, and they can even take the place of meat in some classic dishes.

- Stuffed mushroom caps
- Mushroom risotto or casserole
- Mushroom soup
- Mushroom with pasta

LENTILS

Lentils have a deeper, meatier flavor and texture compared to other beans. Their savory profile makes them an easy feature for the main dish. They also pair well with cheese or nuts for added flavor.

- Lentil soups or stews
- Lentil meatloaf or meatballs
- Lentil salads
- Cheesy lentil bakes or casseroles

